



Recipes for Wellness

A Seeds of Solidarity & Quabbin Harvest Collaboration



Welcome to Recipes for Wellness!

This booklet was created by Seeds of Solidarity, to support community members in enjoying the fresh vegetables and fruits at Quabbin Harvest food coop, be it the weekly farmshares or fresh produce in the cooler. It also encourages use of other nourishing foods and local farmers markets. Good food and wellness are basic human rights, and local farms and food businesses promote a healthier environment and stronger communities. While this was created for a low-wealth, rural community in the Northeast, it is our hope that many families and communities will find it useful and inspiring.

Inside you will find many delicious, economical recipes for preparing fresh and wholesome food, organized by season. Wellness encompasses body, mind, and spirit. With this in mind, in addition to recipes, each seasonal section includes food, health and nutrition tips; inspiring quotes; ‘Did you know’ insights to boost knowledge of food and farms; ‘Dig this’ gardening ideas for diverse settings; and ‘Try this’ learning activities for all ages. Quabbin Harvest and Seeds of Solidarity provided our community with fresh food and skills for cooking and gardening well prior to the COVID-19 pandemic of 2020, yet it was especially timely that this booklet was written and completed throughout. This time of great upheaval and uncertainty made it even clearer how important local sources of food, farms, and communities that unite to care for each other are to our individual and collective health and resilience. May the recipes, ideas and inspiration within bring you and yours wellness and connection, always.

Recipes for Wellness is a collaboration between Seeds of Solidarity Education Center (www.seedsolidarity.org) and Quabbin Harvest community market (www.quabbinharvest.coop), both in Orange, MA.

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Spring! Time for Salads and Sunshine

What a joy when the first fresh vegetables of spring arrive! Resourceful local farmers start some early in greenhouses, also called hoop houses. These are some of the crops that don't mind, and even prefer cooler New England spring temperatures that you may find in your farmshares:

Salad greens like...

- Arugula
- Spinach
- Lettuces of all colors
- Baby Asian greens mix: (tatsoi, red and green mustard, bokchoy)
- Kale*
- Chard*
- Chinese Cabbage*
- Broccoli*
- Carrots*
- Beets*
- Radishes
- Maybe even spring-dug parsnips!

SIMPLE TIP FOR THE SEASON

Steaming vegetables preserves the shape, flavor, and nutrients of vegetables and is healthier than cooking in oil, although a drizzle of olive oil afterwards with some herbs and seasonings is tasty and heart-healthy. Or try one of the dressing recipes in this booklet!

All veggies on page two with an * are great steamed. You might have a steamer basket that fits in a pot, but if not, try this:

Make a Home-made steamer: Fill a medium-sized pot with about an inch of water. Place three golf ball-sized balls of aluminum foil on the bottom. Rest a heat-proof plate on top of the foil balls, cover the pot, and bring the water to a boil. Add vegetables to the plate. Cover and steam until crisp-tender. Don't overcook to mush! Carefully remove the vegetables from the plate with tongs.

HEALTH AND NUTRITION HINT

There are over nine different families of fruits and vegetables, each with potentially hundreds of different plant compounds that are beneficial to health! Eat a variety of types and colors of produce in order to give your body the mix of nutrients it needs. This not only ensures a greater diversity of beneficial plant chemicals, but also creates eye-catching meals.

(www.hsph.harvard.edu/nutritionsource)

"Eating food as it comes from the earth got me two doctor's appointments a year instead of six."

- Leon, Quabbin Harvest farmshare participant

RECIPES FOR THE SPRING SEASON

These dressings from local chef Cristina Garcia are both fantastic on fresh salads, steamed veggies, or lightly sautéed vegetables.

Maple Balsamic Dressing

Yield: 5 cups (40 one-ounce servings)

Cost at Quabbin Harvest: 21 cents per serving

Store bought dressings range in price from 32-50 cents per ounce! Skip the preservatives and make your own today!

This is an emulsified dressing, meaning that the oil is slowly whisked in to avoid separation. The result is a smooth dressing that will coat the back of a spoon. For added convenience, reuse a squeezable bottle to store dressing.

- 2 tablespoons Dijon or stone ground mustard
- 1/3 cup water
- 1/3 cup maple syrup
- 1/4 cup tamari or soy sauce
- 1/2 cup balsamic vinegar
- 1 tablespoon pasted or mashed garlic (about 3 cloves)*
- 2 cups neutral oil (like sunflower or canola)

In a medium bowl whisk together all ingredients except the oil. Very slowly drizzle in the oil while whisking continuously. Alternatively, all ingredients can be shaken vigorously in a jar with a tight fitting lid. Can be kept in the fridge for several weeks. Non-emulsified oil will congeal in the fridge, so take the dressing out about 15 minutes before using and shake well before serving.

*To paste garlic, peel and smash each clove. Sprinkle with a generous amount of salt and work into a paste with a mortar and pestle. If you don't have a mortar and pestle, hold a chef's knife almost flat to a cutting board, with the blade facing away from you. Keep your dominant hand on the handle and the other pinching the top of the blade. With short strokes scrape and press the blade over the garlic. Continue until it's a smooth paste.



Cristina's Miso Tahini Sauce

Yield: 1 1/4 cup

Cost at Quabbin Harvest: 20 cents per serving

- 2 tablespoons lemon juice
- 6 tablespoons tahini
- 2 tablespoons white miso
- 1-2 garlic cloves, pasted or mashed
- 2 tablespoon-1/2 cup water

Using a whisk, or an immersion or standard blender, mix all ingredients together, thinning with water to desired consistency. Season to taste. Stores for up to three weeks in the refrigerator.

Did you know...

Food travels an average of 1,500 miles from source to your table. When you shop through a co-op or at local farmers' market, the distance is often less than 10 miles. This is better for the climate, fresher for your health, and supports local farms and jobs! Mt. Grace Land Conservation Trust helps conserve farms and farmland in our region.

Greens, Egg, and Cheddar Empanadas

(adapted from the book *Good and Cheap* by Leanne Brown)

Yield: 10 hearty empanadas

Cost: About \$8-\$10

Every culture has its own version of dough stuffed with tasty things, be it an empanada, dumpling, perogies, calzone, or bourekas. Greens like spinach, chard, kale, and broccoli are great veggies to use, or you can fill these with cooked potatoes, or beans and squash. This is also a great recipe to make with kids.

For Dough:

- 2 cups all-purpose, whole-wheat or gluten free flour
- ½ cup cornmeal
- ½ tsp salt
- ¼ cup (half-stick) butter
- 1 egg
- ½ cup cold water

For Filling:

- 4 cups lightly chopped greens, with the stems (spinach, chard, kale, broccoli or a mix.)
- 1 cup water
- 9 eggs
- 2 cloves garlic, finely chopped
- small onion, finely diced (optional)
- ½ tsp chili flakes (optional or swapped for other spice)
- Salt and pepper
- 1 cup sharp cheddar, grated



To make the Empanada dough:

Mix the flour, cornmeal, and salt in a large bowl. (You can substitute more flour instead of cornmeal if you like). Place the butter in the freezer for 10 minutes, then grate it directly into the flour mixture. Wash and dry your hands, then use them to gently squish the butter into the flour until it looks like bread crumbs.

Make a crater in the flour mixture. Crack the egg into it along with the water. Mix with your hands until it comes together into a smooth ball. If you're using whole-wheat flour and the dough seems dry, add another tablespoon of water. Cover with plastic wrap or a moist towel.

To make the filling:

Steam or lightly boil your greens for 4 to 7 minutes until just tender. Meanwhile, crack eight of the eggs into a bowl, saving the last one for an optional egg wash later. Combine the eggs with the garlic, chili flakes, salt, and pepper. Mix the eggs with cooked greens in a frying pan and cook until just scrambled, about 2 minutes. Add the cheese, and stir.

Heat the oven to 400 degrees. Lightly oil or butter, or put parchment paper on a baking sheet.

Create and Bake

Divide the dough into 10 equal pieces and roll each into a ball. Dust your clean counter or a cutting board lightly with flour, then use a rolling pin (or bottle, with care) to flatten each ball into a thin circle, a little bigger than a DVD. Place some filling on one side of the circle, then fold over the other side to form a half moon. Pinch the edges and place the empanada on a baking sheet. Repeat!

An optional egg wash will make the empanadas shinier: In a small bowl, beat an egg with a fork. Brush or drizzle the tops of the empanadas with the egg wash. Bake on your cookie sheets for 20 minutes, until they turn golden brown.

Great for dinner, as a side, or put some in the freezer for a future lunch or snack!

Ginger Spring Veggies and Noodles

(Adapted from various sources)

This recipe is equally good with Soba noodles, (made of buckwheat, rice noodles, or angel hair pasta.

To serve cold, cook a bag or box of noodles according to the package and set aside. To serve warm, cook the noodles after you have prepped the veggies. The ginger sesame dressing for this dish is great on other salads or steamed vegetables as well.

Prep your veggies:

Here are some spring veggies that will be great to use: you can use all or some of these, but at least try for the snap peas and carrots!

2 cups of raw or very lightly steamed snow or snap peas, chopped in half

3-4 raw carrots; grated, thinly sliced, or make curls using a peeler.

A few radishes, thinly sliced and halved.

A raw beet, grated (served on the side so the noodles don't turn pink, unless you like that idea)

Optional fresh herbs for garnish: cilantro, mint or basil, as well as toasted sesame or sunflower seeds.

In summer, you can use colorful peppers, summer squash and cucumbers for your veggies instead.

Ginger Sesame Dressing

In a jar or blender, combine well:

1/4 cup tamari or soy sauce

2 tablespoons olive oil

1 small lime or lemon, juiced (or a tablespoon of bottled)

1 tablespoon toasted sesame oil

1 tablespoon honey or sugar

2 teaspoons freshly grated ginger

1 teaspoon chili garlic sauce or sriracha (optional)

Lightly toss together noodles, veggies, and dressing just before serving. Top with fresh herbs and sesame seeds in individual bowls.



DIG THIS! A GARDENING IDEA

Grow your own salad in a colander!

A metal or plastic colander (often found at tag sales or thrift stores) is great for making a salad or herb garden. A colander is deep enough so small plants can grow, and the holes provide good drainage.

In addition to your colander you will need: **some light potting mix or garden soil** (be sure it is organic or from a clean, trusted source) and salad seeds such as lettuce, arugula, or spicy mustard greens. You'll also need a **way to water** your colander garden gently, so plan ahead. If you don't have a watering can with a nozzle, you can make one by poking holes in an empty ½ gallon plastic milk jug to improvise.

To make it: fill your colander with soil and moisten it well. Using your fingers, sprinkle seeds all over the soil surface as if you are sprinkling salt on your food. You can do half of your colander garden with one type of salad greens, and the other half another—or even 4 quarters (you will likely have seeds left over in the packets for another garden.) Then cover your seeds lightly with more soil, and water gently – you want the effect of light rain so that you don't flood the soil and cause seeds to float around. To label what you planted, use popsicle sticks or make tags by cutting strips from a yogurt or cottage cheese container. Use a permanent marker on your tag to indicate the type of seed, and the date planted if you wish.

Put your colander in a sunny window or on a porch. If inside, leave a pie pan or plate under your colander to catch excess moisture. Water your colander garden gently each day until the seeds come up, then every other day or so, just to keep moist but not soaking wet.

Once your salad greens are about two inches high, you can trim them near the base and enjoy your first salad! Don't pull them out. Continue to water them lightly and they will regrow, maybe even a few times. You can also use this method to grow herb seedlings from the local farmers market. One or two basil or parsley plants per colander is plenty.

TRY THIS GOOD FOOD LEARNING ACTIVITY

Did you know that farmers at farmers markets want you to ask questions about their products, and how to use them? Most local farmers markets open in May, if not earlier (there are even some winter markets in the greater region). The Orange Farmers Market is held in the Armory Parking Lot on Thursdays from 3-6 PM with so many great local farmers, bakers, meat and dairy products, seedlings for your garden and more. There are other area farmers markets to visit too! **buylocalfood.org** has a search feature where you can put in your zip code to find nearby farmers markets to visit.

It can be a new experience to walk right up to a farmer's booth at a market- different than a supermarket for sure. What a great opportunity to ask questions, learn, and if you bring your kids or grandkids, encourage them to do the same-- not only to be educated shoppers, but to learn good personal communication skills in the age of cellphones.

Try this: visit a local farmers market and ask a question of at least three different farmers/vendors there. Here are some ideas for questions you might ask, or come up with your own.

- **What is the name of that vegetable? (Or herb or fruit)**
- **How do you prepare or use it in a dish?**
- **Where is your farm located? What do you enjoy about farming?**
- **Do you accept SNAP or WIC and Senior coupons?** Many farmers and markets do, and will post a sign, but it is always fine to ask!
- **Is your food grown with any pesticides or is it pesticide free?**
This question may be important to you if you are trying to eat food that is grown organically, or without toxins.
- **Can you please weigh that to give me a sense of the cost?**
A bunch of beets with the greens (which you can cook like chard) might be a surprisingly good deal. A unique variety of tomato, while delicious, may be more expensive than you realize.
- **Which plants/seedlings would be best or easiest to grow...
In a small garden; a pot or container; in a shady spot?**
Some farmers sell vegetable seedlings at spring farmers markets. If you have a garden, or want to grow something in a container, ask questions to learn what might work best and grow well for you.

TRY THIS AS A FAMILY CHALLENGE

See what you can buy for a total of \$10 at Quabbin Harvest or a local farmers market to include in a meal that everyone in the family will enjoy. Have one member of your family keep track of your costs as you shop. Remember, it's fine to buy one thing from one farmer, another thing from a different farmer.

You've learned so much! Maybe even purchased a few things. You've supported local farmers, your own health, and the climate by buying local food. Hurray!!

YOUR NOTES AND IDEAS HERE

Write questions, new recipes you tried or want to, or any other experiences you want to remember here:



Summer! Feast Outdoors

In New England, this is the time when crops that like to grow in the heat will be found. These include: tomatoes of all colors and sizes, eggplant, peppers (sweet and hot), cucumbers, summer squash (like zucchini and yellow or crookneck squash - these have soft skins and cook quickly, versus winter squash and pumpkins that you'll enjoy come fall). And of course, corn. Some local farms grow melons successfully too—try the local watermelons (they'll be smaller than the ones from southern states that have a longer growing season) but have great flavor. Fresh locally grown herbs like basil, parsley, cilantro, tarragon, mint and rosemary add great flavor to dishes without added salt or sugar. Enjoy picnics and dinners outdoors.

SIMPLE TIP FOR THE SEASON

A sprig of any culinary herbs like those mentioned above in a jar or pitcher of water, along with slices of lemon, lime or fresh ginger are great, natural and inexpensive thirst quenchers. To these, you can add a few slices of cucumber or some berries, fresh or frozen to make a beautiful and hydrating beverage that is much healthier and cheaper than soda or powdered lemonade or iced tea. Speaking of iced tea, make your own by brewing a couple of bags of your choice, black or herbal, letting cool and keeping in the fridge so it is ready to sip. You can also make sun-tea by letting these brew naturally in a glass jar set out on a sunny day. You can buy bulk teas like lavender, chamomile, or hibiscus at Quabbin Harvest (cheaper than boxed tea bags). Try these one at a time, added to the naturally flavored water combinations suggested above.

HEALTH AND NUTRITION HINT

Summer is an especially critical time to drink ample water. Our bodies average 60% or more of water, throughout muscles, blood, brain, organs, and bones -- which is why keeping yourself hydrated is super important to health. Most tap water is tested and safe, if not safer than bottled water which comes with high costs and negative impact on the environment. Soda, coffee, or other caffeinated drinks are not a replacement for water when it comes to hydration. A great summer fruit is a watermelon - due to its thick skin and the fact that it is 92% water, explorers and desert-faring folks carried the fruit so they had something to drink. This is why watermelons make great food for picnics, beach visits, or other outdoor activities. Bring it along, it can keep you from getting dehydrated!

RECIPES FOR THE SUMMER SEASON

Veggie Kebobs

Many summer vegetables lend themselves so well to cutting into chunks, tossing with a bit of olive oil or salt, and cooking on a grill or broiling in the oven briefly. Eggplant, zucchini, yellow summer squash, and cherry tomatoes are all great, pretty mixed on a bamboo or metal skewer, and a great family activity to make.

Organic vegetables do not need to be peeled. If you make more than you need, just refrigerate and enjoy them on a sandwich or salad the next day. Make it a full kebob meal by skewering chunks of melon, strawberries, and grapes for dessert.

"The only real stumbling block is fear of failure. In cooking you've got to have a what-the-hell attitude."

Julia Child, famous chef

Cool as a Cucumber Raita

Nalini's Kitchen at Quabbin Harvest sometimes has raita, and Nalini has her own magic herbs and love that make it so good. Try it on your own when cucumbers are in abundance.

This Indian yogurt sauce is traditionally served to cool spicy dishes like curries, or it can be thinned a bit and used as a dressing on salad, or drizzled over grilled vegetables (like those kebobs!) or tuna or hummus in a pocket sandwich. Buying small bags of dried herbs at Quabbin Harvest for this and other recipes is very economical.

- ¾ cup whole milk plain yogurt
- ½ cup (or more) finely diced or grated cucumber
- 1 tablespoon finely chopped red onion or scallion
- 2 teaspoons lemon or lime juice, more to taste
- 1 tablespoon olive oil
- ½ teaspoon cumin seeds, toasted, crushed (or use ground)
- ½ teaspoon coriander seeds, toasted, crushed (or use ground)
- ¼ teaspoon salt, ¼ teaspoon pepper or to taste
- 2–3 tablespoons chopped fresh mint (or half as much dry mint)

Simply combine all ingredients in a bowl. Keep refrigerated until ready to serve. Optional: some people add a little chopped cilantro, or even a diced tomato too.

Did you know...

Many summer veggies and fruits grow from the movement of pollen from one flower to another, resulting not only in plants that we (and other animals) eat, but seeds for the future.

75% of the world's food crops depend (at least in part) on pollinators. Native and honey bees are pollinators, as well as bats, birds, butterflies, moths, and even humans! Banning toxic pesticide spraying and promoting diverse flowering plants is essential to the health of pollinators, and therefore to us all.

Presto, Pesto!

Pesto, an Italian sauce, is traditionally made with fresh basil and pine nuts. But, other greens and herbs can be substituted. Pine nuts are costly, so raw pumpkin seeds, sunflower seeds, or walnuts (or other nuts) can be substituted and are delicious and nutritious. A blender or food processor is used to make this nice and smooth, but traditionally a mortar and pestle is used, so you can too if you want. This recipe makes enough to toss with one pound of cooked pasta of your choice. Or, it can be used as a sandwich spread or on grilled vegetables, chicken or tofu.

- 2 cups of fresh basil leaves (plucked from the stems.)
- Or try tender arugula, spinach, kale, or fresh herbs like parsley or cilantro.
- 2-3 garlic cloves (or, in late May or early June you may find garlic greens or curly scapes - the garlic flower stalk - you can substitute 4-5 of these)
- ½ cup olive oil
- ½ cup Parmesan or Romano cheese
- 1/3 cup of your choice or a combination: walnuts, pumpkin seeds, or pricier, pine nuts.

Blend all ingredients until smooth. Add salt and pepper to taste. Hint: You can freeze pesto to pull out come winter or add a tablespoon to soups for great flavor (be sure anyone with a nut allergy knows): put in small plastic containers, leaving a 1/2" air space, and top with a bit of olive oil before you cover. Aside from pesto, pasta tossed with chopped tomatoes, basil leaves or arugula, olive oil and cheese is perfectly delicious.



Summer Grain Salads—Get Creative!

Many grains like rice, quinoa, couscous, and barley can be found in the bulk section of Quabbin Harvest. Combined with diced summer veggies you have in your farmshare, you've got a great summer dish or side! The quantities suggested here will make about six generous side servings.

Cook Your Grains:

Start with your choice of rice (white or brown) or quinoa (these are gluten free), or barley or couscous. While grains take varying amount of time to cook, the simplest way to learn is to cook them all like pasta (couscous or quinoa will only take a few minutes; brown rice and barley more like 30 depending). Bring a pot with at least 5 cups of salted water to a boil, add 2 cups of your grain and cook over medium heat until it's done, then drain it through a fine-mesh sieve. You'll have to taste the grain to know when it's done: you want it to be a little al dente. Put in a mixing bowl and set aside.

Chop Up Some Veggies:

You will need 2-3 cups of chopped, assorted veggies of your choice. Pick vegetables that taste great raw and won't break down too quickly. Any combination of radishes, cucumbers, bell peppers, cherry tomatoes, sugar snap peas, carrots, celery, fennel are great. To use fresh corn kernels or green beans, steam or boil these for just a minute.

Add Some Protein (or Not):

For a complete meal add small amounts of a cooked protein like chicken, beef, or tofu. Feta cheese, fresh mozzarella balls, cubed cheddar cheese, or some nuts are also good options.

Season:

With all of the flavors, a little salt and pepper, olive oil and just a dash of vinegar or lemon will be great. You can also use either the maple balsamic or ginger sesame dressings from the spring recipe section.

Depending on your choices of vegetables, you can also add some fresh sliced strawberries or dried cranberries to grain salads!

DIG THIS! A GARDENING IDEA

Container Gardens are a really fun way to grow vegetables or flowers in your yard, porch, or deck, especially when you have limited space or in a temporary situation. Food grade buckets or old nursery pots of varying sizes can work, or even old canvas grocery bags! Here are some basic and important things to keep in mind:

- Be sure that buckets or containers did not contain any potentially toxic materials (like paint or sheetrock mud for example.)
- Drainage is important. You can drill a few holes in the bottom of buckets. It can be fun to brightly paint the outsides of buckets to use up leftover latex or acrylic paint.
- Fill your container with pure, rich soil. A mix of clean loam (topsoil) with finished compost is great. Clearview Compost in Orange and Diemand Farm in Wendell are two sources of excellent compost that have all the plant nutrients you will need for the season.
- Use GMO-free seeds or seedlings (from a local farmer) as is best for any garden.
- Don't over fill containers: plants thrive with more space. For example, one five-gallon bucket is good for one tomato or two smaller plants.
- Utilize vertical space and companion planting: a pole bean can climb up a stake in the back of your container while a cucumber trellises over the front; a larger kale can provide shade for leafy salad greens. Mix a marigold, basil or parsley with vegetable plants in larger containers for beauty and diversity.
- To reduce watering frequency, poke holes in a plastic bottle, fill and bury it, or try an unglazed clay pot with the large hole plugged, filled with water that seeps slowly to roots. Mulch around your plants with pieces of plain brown cardboard covered with some straw or leaves to keep weeds down and water in.



TRY THIS GOOD FOOD LEARNING ACTIVITY

Long days of summer are great for outdoor activities, especially in the evening as the day cools. The North Quabbin has so many special spots to enjoy in a local park, by a lake, free concerts, or in your own yard or porch. Have dinner outside at least one night a week! All of the recipes in this section are great to take on picnics.

Here are some other picnic ideas:

- If you don't have any, keep your eyes open at thrift stores or tag sales for enamel plates, or inexpensive ones that you don't mind taking outside. Keep them, with utensils, in a re-usable bag or backpack so they are ready to go when you are.
- Plan a picnic with kids or another family or neighbors by color group: see how many dishes you can make that include veggies or fruit with the color red, or yellow, or green.
- Do you attend meetings or events at faith-based organizations that sometimes involve snacks? Ask organizers to serve a dip with fresh cut local veggies.
- Will you host or attend any summer gatherings or barbecues? Suggest or bring the refreshing, cheaper, trash-free beverage like sun-tea or naturally flavored water. For potluck style meals, encourage people to bring a dish containing at least one item from a local farm or garden. Even if only half do, you will have succeeded.
- Cloth napkins can be made from scraps or found at thrift stores - write each family member's name with a permanent marker on a wooden clothespin and attach for picnic use as well as at home.
- Bring sorting bags with you: one for recyclables, and one for trash as well as a plastic container for food scraps to compost.

P.S.: if you are bugged by bugs when outdoors, make your own natural, non-toxic spray using witch hazel (available at grocery stores) with 20 or so drops of citronella or cedar essential oil (available online) mixed in. A light cotton long-sleeved shirt is good protection too. Or eat a lot of garlic!

YOUR NOTES AND IDEAS HERE

Write questions, new recipes you tried or want to, or any other experiences you want to remember here:



Fall! The Veggies (and trees!) Change

We say the leaves change color but that is not quite right. In autumn, because of changes in the length of daylight and temperature, the leaves stop their food-making process. The chlorophyll in the leaves breaks down, the green color recedes, and the yellow, orange, and red colors become visible. What a great time to reflect on ourselves and the parts of us we want to shine brightly.

It's also a perfect time to relish the many earth-hued vegetables to eat, preserve, and store. As the summer crops wane, vegetables in your farmshare and on the coop shelves will feature more root crops like carrots and beets, rutabagas and turnips. Potatoes, sweet potatoes, onions, leeks and garlic abound. Winter squash includes those with firm skins that keep well into the winter. While squash like butternut and pumpkins are most familiar, there are so many varieties with wonderful flavors like Delicata, Kabocha, and Buttercup so keep your mind open to roasting or making soups with these too! And of course, the bunched greens will keep coming, and sweeten with the early fall frosts. Cabbage are abundant! See the recipe in this section for making your own pro-biotic sauerkraut.

RECIPES FOR THE FALL SEASON

Autumn Roasted Roots

Root vegetables and winter squash are delicious roasted! They are great for dinner alone or with a salad or protein, and the leftovers are delicious mixed with eggs for breakfast, or pureed into a creamy soup for the next day's lunch or dinner.

Gather your roots, squash and tubers. A nice combination is:

- One medium Butternut or 2 Delicata squash
- 5 medium potatoes (any color!)
- 3 carrots
- 1 sweet potato and/or a couple of parsnips
- 1 medium turnip or rutabaga
- 1 large onion or leek
- 1 bulb (or more) of garlic
- Olive oil to toss
- Salt and pepper

Prepare and cut all veggies however you like them. A mix of cubed, sliced and diced is fine. Peel the squash if using butternut. Keeping the skin on everything else is fine so long as they are organic

Separate the garlic cloves but do not remove the papery covers. Toss everything (including the garlic cloves) lightly with olive oil to coat, sprinkle on some coarse salt and freshly ground pepper and some dried herbs like oregano, parsley or basil, too, if you wish. Bake in a roasting pan at about 375 degrees for a good hour or so, until everything is tender. If you do this in a single layer, stuff will have a bit of a crisp—if a few inches deep, less so. Some things cook faster than others, which is okay. If you don't like this, cook everything separately then toss them together at the end. Roasted beets are great - cook separately and add in.

KALE THREE WAYS

Kale is a nutrient and calcium-rich crop that gets sweeter after a light autumn frost. The curly-leafed green kale is great for general cooking and chips. Red Russian is excellent for light cooking, whereas the Redbor curly kale is best for soup. Lacinato kale can be used in almost any dish.

Portuguese Kale Soup

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 (16 ounce) package kielbasa (Polish) sausage, diced (you can leave this out of course, but it is traditional)
- 1 bunch kale cut into thin ribbons
- 3 potatoes, cut into cubes
- 1 tablespoon salt
- 1 tablespoon ground black pepper
- About 2 cups of chicken or veggie stock (your own or canned)
- 1 cup water
- 1 (15 ounce) can red kidney beans or your own cooked beans
- 3 carrots, chopped
- 1 cup small elbow macaroni
- 6 tablespoons grated Parmesan cheese, or to taste (optional)

Heat olive oil in a stock pot over medium heat. Cook and stir onion and garlic in the hot oil until fragrant, about 1 minute. Add kielbasa; cook and stir until browned, about 5 minutes. Stir potatoes into kielbasa mixture, season with salt and pepper, and continue to cook and until the potatoes begin to brown, about 2 minutes.

Pour chicken broth and water into the stock pot; add kidney beans, carrots, and kale. Bring the mixture to a boil, reduce heat to medium-low, and cook at a simmer for 45 minutes.

Stir macaroni into the soup; continue cooking until the macaroni is tender yet firm to the bite, about 15 minutes. more. Top each bowl with 1 tablespoon Parmesan cheese to serve.

Lemony Cranberry Kale Salad

- A big bunch or two of kale (at least 15 big kale leaves, Curly, Red Russian, Lacinato- or a mix!)
- 1/2 cup shaved Parmesan
- 1/2 cup pumpkin seeds
- 1/2 cup dried cranberries
- 4 Tbsp extra virgin olive oil
- 2 Tbsp honey or maple syrup
- 2 lemons
- Sea salt and pepper to taste

De-stem kale and tear into small pieces, and place into a large mixing bowl. Squeeze the juice of the lemons over the kale, and then massage it until quite tender. Whisk together the honey and olive oil. Drizzle over the kale, and then add cheese, nuts, and dried fruit. Toss everything together with sea salt and freshly cracked black pepper to taste. Top with some additional shaved Parmesan. Be creative: substitute any nuts for the pumpkin seeds, or other dried fruit like chopped dates or apricots for the cranberries.

Kale Chips

Pre-heat your oven to 300°F. Rinse and pat dry a bunch of curly green or lacinato kale. Remove the kale from the stem and tear into 2" pieces (you can save those stems for a vegetable stock).

Massage the leaves gently with just enough olive oil to coat (a tablespoon or two, depending on how much kale you have.) Sprinkle lightly with salt. Place pieces in a single layer on a cookie sheet. Bake at 300 degrees for about 20 minutes until just crisp. Let cool.

They are great like this, and you can experiment by sprinkling on a little parmesan cheese, garlic powder, or nutritional yeast (all of which are great on popcorn too!). Kale chips are a great snack in place of croutons on salad, as a garnish on soup, or mixed with some rice as a simple grain bowl.

[More than] Mashed Potatoes

Potatoes, sweet potatoes, carrots, rutabagas and squash can all be mashed. Whichever you choose, wash, peel and cut into pieces. (Save those organic peels for a stock- as in the Winter section of this guide). Choose your cooking method- roasting, boiling, or steaming—until tender. Do them separately at first as they cook at different rates. After mashing, all you need is a little butter or olive oil, and some salt and pepper. But experiment with different seasonings like rosemary, smoked paprika, or cinnamon, or even a dash of Nalini's spice mix from Quabbin Harvest. Try different combinations of veggies mashed together!

They are great on your dinner plate, or you can mix mashed veggies with eggs in a scramble, or enjoy on a warmed corn or flour tortilla with a bit of cheese melted on top. You can even use them as a layer in lasagna, or a meat or veggie casserole.

HEALTH AND NUTRITION HINT

There are hundreds of types of bacteria in our bodies, and a goal towards overall health is to feed and encourage the good ones! Many foods provide natural pre-biotics and pro-biotics that are vital to a healthy microbiome in our body, which impacts not only good digestion and metabolism, but a strong immune system, and even our brains and emotions. **Prebiotics** are present in fiber-rich foods, such as fruits, vegetables, and whole grains- leeks, garlic and onions are great sources. Prebiotics are like the natural fertilizer that help create the right setting for the growth of healthy bacteria in the gut. **Probiotics** provide live, beneficial bacteria that our bodies need, and occur in many fermented foods, including natural yogurt, lacto-fermented vegetables, kombucha beverage, sourdough, and miso (a seasoning paste made of soybeans or grains). Eating a diversity of organic pre and probiotic foods like these help keep the garden of your body healthy and thriving.

Make Super Sauerkraut in a Mason Jar

Lacto-fermentation is a method of preservation that relies on salt and the beneficial bacteria present on fresh organic vegetables. Cabbage is probably the easiest to start, then you can advance to trying other vegetables. After salt is added, the cabbage releases liquid, creating its own brining solution. Submerged in this liquid for a period of several days or weeks, the cabbage slowly ferments into the crunchy, sour condiment we know and love as sauerkraut. If you like spicy, look up a recipe for Kimchi, a traditional Korean dish that includes ginger and hot peppers.

- 1 medium head green cabbage (about 3 pounds)
- 1 1/2 tablespoons sea salt or kosher salt
- 1 wide-mouthed half-gallon mason jar or 2 quart-sized jars
- Smaller jelly jar(s) that fit inside the larger mason jar, filled with marbles or clean stones, or a small freezer bag with some water in it. You will use this as a weight.
- Cloth for covering the jar, such as cheesecloth
- Rubber band for securing the cloth

Clean everything. Wash your jars and hands well.

Slice the cabbage. Put aside any wilted outer leaves of the cabbage. Cut the cabbage into quarters and trim out the core. Slice each quarter down its length, making 8 wedges. Slice each wedge crosswise into very thin ribbons.

Combine the cabbage and salt. Transfer the cabbage to a big bowl and sprinkle the salt over top. Massage the salt into the cabbage with your hands. The cabbage will become watery and more limp in 5 to 10 minutes.

Pack the cabbage into the jar. Scoop the cabbage into the jar(s), firmly tamping down the cabbage in the jar with a fist or wooden spoon as you go, until about $\frac{3}{4}$ full. Pour any liquid released by the cabbage while you were massaging it into the jar.

Optional: Place one of the larger outer leaves of the cabbage over the surface of the sliced cabbage to keep the cabbage submerged in its liquid.

(cont. pg 26)

(cont. from pg 25)

Weigh the cabbage down. Once all the cabbage is packed into the mason jar(s), slip the smaller jelly jar into the mouth of the jar and weight it with clean stones or marbles. This will help keep the cabbage down, and eventually submerged beneath its liquid. You can use a bag with water in it as a weight instead.

Cover the jar. Cover the mouth of the mason jar with a cloth and secure it with a rubber band. This prevents dust or insects from getting into the jar.

Press the cabbage down. Over the next 24 hours, press down on the cabbage every so often with the jelly jar. As the cabbage releases its liquid, it will rise. If after 24 hours, the liquid has not risen above the cabbage, dissolve 1 teaspoon of salt in 1 cup of water and add enough to cover the cabbage fully.

Ferment the cabbage for 3 to 10 days. As it is fermenting, keep the sauerkraut away from direct sunlight. Check it daily and press it down if the cabbage is floating above the liquid. Start tasting it after 3 days — when it tastes good to you, remove the weight, screw on a lid, and refrigerate. You may decide to allow the sauerkraut to continue fermenting for 10 days. While it's fermenting, you may see bubbles coming up or foam on the top. This is a sign of a healthy, happy fermentation process. The foam can be skimmed off the top either during fermentation or before refrigerating. If you see any mold, skim it off immediately and make sure your cabbage is fully submerged. Refrigerate and enjoy for months to come!

Variations:

Prior to culturing, you can also mix 1 part other vegetables or ingredients (like shredded carrots) with 5 parts cabbage to vary the recipe. Garlic, dill seed, ginger or turmeric are other great additions. Good resources on fermented foods include: *Cultures for Health*, an on-line resource. Books include *Wild Fermentation* by Sandor Katz, or *Nourishing Traditions* by Sally Fallon (request from your library!)

DIG THIS! A GARDENING IDEA

Use plain brown cardboard to start a garden for next year, or put your own garden bed to sleep for winter while feeding the life in the soil. Earthworms love to eat cardboard, leaving worm poop (called castings) a natural, nutrient-rich, free fertilizer for your garden! The end of autumn is a great time to mulch your garden with cardboard, or pick a spot where you want to create a garden next year and get it started. Worms, beneficial fungi and microbes decompose cardboard year round, leaving well-aerated and worm-casting rich soil in its place.

If you put cardboard on a new area or existing garden at the end of the season in the fall, it will be partially decomposed by the time spring comes, easy to make holes for seedlings. Collect plain brown corrugated cardboard- big pieces from appliances, bikes, or large boxes are great. Stash a neat pile over the summer!

If you already have a garden, once your summer and fall plants are done for the season, arrange a layer of flattened boxes down to cover. Strip off any tape and remove any staples. You don't have to pull out weeds, just lay the cardboard right on top, being sure to overlap pieces at least four inches so no weeds grow between them come spring. Cover with mulch hay or well-rotted leaves to cover and hold down the cardboard. The cardboard must be covered to stay moist from rain and snow to decompose (and it looks nicer!). It is prudent to put a few logs or rocks on to hold it place at first and so winds don't pick it up.

If you want to start a new garden on an area of lawn or weeds, do the same as above to whatever size you wish, and right on top of the grass. A small area to start is fine, you can always add to it. Layer and cover as above. This will kill the sod and come spring you will be able to make holes through the cardboard, add compost, and plant seedlings from your local farmer or that you grow! Cardboard can be added around plants as mulch to keep weeds down, conserve water, and feed the worms and microbes in the soil any season.

Watch this cardboard method how-to video by Seeds of Solidarity farmer Ricky Baruc: <https://www.youtube.com/watch?v=9SE8RjyTq3A>

"Let food be thy medicine and thy medicine be thy food."

Hippocrates, Greek Physician - born 460 BCE

TRY THIS GOOD FOOD LEARNING ACTIVITY

We've mentioned a lot about buying bulk herbs and spices in this section. Have you ever bought an expensive jar of spices for that one teaspoon you need for a recipe, only to find it years later in the back of your cabinet? Why not save a few small glass jars from your recycling and fill them with the spices you truly use and want. Plan a time when you can spend 20 or 30 minutes exploring the bulk spice and tea section of Quabbin Harvest! Try these suggestions to get familiar with bulk purchasing to save money while bringing recipes to life with healthy, fresh seasonings.

- Identify three spices that you are familiar with, and think about how you already use them. Do you know the plant sources of these, and their country of origin? Google it now or later to learn!

- Find three spices that you are less aware of, or have never used. How might you use them in a recipe? You can ask a staff person or volunteer at Quabbin Harvest if they have any ideas, or post your question on the Quabbin Harvest Facebook.

- Pick one or more to buy! Here is something to know about buying bulk spices that is really important. In grocery retail, produce and items like bulk spices are assigned a four or five digit number called a PLU (Price Look-Up) number that is used for inventory. For example, the PLU for bulk, ground cinnamon is 1617. On the large jar of cinnamon, you will see this PLU number listed, as well as the price. Don't let the price per pound overwhelm you! You will not be buying a pound of cinnamon anytime soon!*

Take a small bag, put a teaspoon or two of cinnamon in the bag and secure well with a twist tie or tape. Write "cinnamon" and the PLU number on a label provided, then put the label on the bag. You do not need to write the price per pound on the bag. But... you should have a sense of what you are paying! First, guess how much you think the cinnamon in your bag might cost. Use the small scale to weigh it to find out or ask staff to weigh it. Was your guess close?

*(to give you a sense of this, while the price per lb. of cinnamon was over \$15, five heaping teaspoons in a small bag was only 80 cents!)

Repeat with as many different herbs and spices as you wish, starting with small amounts to play it safe. Keep track of what you are spending as you go- a great math activity for kids! See how many dried spices you can get for a total of \$5 dollars.

TRY THIS TOO!

You have a sense of PLU codes now. Fruits and Veggies have PLU numbers too! Those little stickers on fruits and veggies at co-ops and supermarkets include a price look-up (PLU) code.

Did you know...

- A five-digit number that starts with a 9 means the item is organic.
- A four-digit code beginning with a 3 or a 4 means the produce is probably conventionally (not organically) grown.
- A five-digit code that starts with an 8 means the item is genetically modified (it has genes from other organisms). However, these PLU codes aren't mandatory (yet!), so big companies can label those items as conventional.

See if you can find three items you like that start with a 9. See if you can find an item with a choice of organic (starts with a 9) or conventional (3 or 4.) Bananas are a common example. All this said, at times one might make the choice to buy conventional from a Massachusetts farm that has good practices but is not certified organic, over heavily packaged organic produce that has travelled many miles. Making your best choice is informed by being a wiser consumer.

Knowledge is Power!

Did you know...

Growing and eating local food preserves genetic diversity. In large-scale agribusiness, hybrid or genetically modified crops are grown for their ability to ripen uniformly, and survive packing and shipping. In contrast, small local farms grow many different varieties of crops to provide a long harvest season, an array of colors, the best flavors, and plants that can better adapt to the changing environment. Importantly, the seeds of traditional and heirloom crops can be saved and passed on from generation to generation to ensure a healthy food future.



Winter! Comfort and Restore

Shorter days are good for...cooking, reading and resting! In addition to bundling up, getting out, and enjoying the crisp fresh air, winter is a great time to cook warm, nourishing meals. It is also a time to listen to your body and the darkness that comes earlier in the evening and rest. Rest and sleep are important to wellbeing in many ways. While you sleep, your heart (and blood pressure) can take a break. Hormones relax the muscles in your body as well as regulate feelings of hunger, which can keep over-eating in check. While you sleep, your body makes more white blood cells that can attack viruses and bacteria- your immune system relies on sleep to keep you well. When you awake after a good night's sleep, hormone levels, energy levels and stress levels have all been adjusted for a more positive start to the day. Complement rest with plenty of warming soups chock full of local vegetables, beans and grains, plus herbal teas, such as described in this section.

SIMPLE TIP FOR THE SEASON Veggie Scrap Soup Stock

Vegetable peels or stalks have a lot of nutrition and flavor! And they are perfect to use when your veggies are organic. Keep a bag in the freezer for adding any organic veggie "scraps" like potato, squash, or sweet potato peels, broccoli stalks, onion and garlic skins, and celery and carrot ends. When you have several cups worth, make your own veggie stock by simmering them with water, a little salt and pepper, and a bay leaf or two. You can use or refreeze this stock to add to a soup, or sip it for warmth and nourishment.

HEALTH AND NUTRITION HINTS

Winter is tea time! Herbal teas are available and affordable in the bulk section or through pre-order at Quabbin Harvest co-op. Warming ginger, soothing chamomile, or peppermint can help soothe mild tummy upset. Mineral-rich herbs include nettles (good for kidneys), oatstraw (for the nervous system), and red clover (for women's reproductive health). Sage and thyme help sore throats; you can also let these and other herbs (as well as garlic!) sit in some local honey for a few weeks, then add a teaspoon to hot water or tea. Consider ordering a pound of dried elderberries through the pre-buy program at Quabbin Harvest to make your own tea and syrup for immune system strength through the winter.

Winter is also for rest. A good night's sleep is the foundation of well-being. Lavender and chamomile teas are perfect for this. Make little dream sachets filled with dried mugwort or lavender to aid in a relaxing and restful sleep. And... try taking your eyes and brain away from phone, TV, and computer screens at least an hour, ideally more, before bed and see if you sleep better. Always consult with a medical professional to be sure that specific herbs are compatible with any prescription medication.

RECIPES FOR THE WINTER SEASON Winter is about...Soups and Comfort Food!

Beans are basic, economical, and delicious! Local chef Cristina Garcia offers suggestions for cooking dried beans. The Black Bean recipe on the next page is ideal for black beans found in the Quabbin Harvest bulk section. Follow similar bean cooking instructions for Kidney, Pinto, or Cannellini (white kidney) beans. Garbanzo beans (for making hummus or to add to soups) may take a little longer to cook. Green lentils and split peas will take less time to cook and to soak, as little an hour or so. Red lentils cook really quickly and don't need soaking at all! On page 33 we suggest some recipe combinations for making soups with beans, vegetables, and grains.

Beans and rice with some salad (or cooked greens from the spring recipes section) are a complete and nourishing meal eaten the world over. Beans and greens on toast, or served on a tortilla with cheese are equally yummy! You can also make great bean burgers out of cooked beans, with some egg and bread crumbs to hold together, with Italian or spicy seasonings added for flavor. Cooking beans from scratch is much cheaper than using canned, although adding a can of beans to a soup, eggs or pasta can certainly extend and add protein to a meal in a pinch.

Black Beans (1/2 pound dry = 1 cup dry = 3 cups cooked)

Yield: 4 3/4-cup servings

Cost at Quabbin Harvest: Bulk: 20 cents per serving. Canned: \$1.15 per serving

Choose a soaking method to improve digestibility:

Overnight Soak - Soak 1 cup of beans overnight in at least 4 cups of water, drain.

Pre-boil Soak - Bring 1 cup of beans to a boil in at least 4 cups of water, drain.

After soaking choose a cooking method:

Stovetop - Rinse and bring beans plus 5-8 cups of water to a boil*, reduce to a simmer - the trick here is to use enough water and a large enough pot. Stir occasionally to keep beans from sticking. Add additional water if too much evaporates. Cooking times will vary from 1 - 1 1/2 hours. Salt the cooking liquid to taste during the last 1/2 hour. Beans will slowly absorb the flavor of the cooking liquid.

Slow Cooker - Rinse and add 5 cups of water plus 2 teaspoons salt*. Cook on low for 5-7 hours. Beans need to be fully submerged. Make sure to use an appropriately sized slow cooker, follow manufacturer directions for minimum fill.

***Optional aromatics:** 1/2 an onion, garlic cloves, piece of celery, 1/2 a carrot, a piece of kombu (seaweed), ginger or turmeric. Delicate herbs can be added during the last 1/2 hour. Store and reheat leftover beans in their cooking liquid.

"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."

JRR Tolkien (author of *The Lord of the Rings*)

Some savory ideas from Seeds of Solidarity Farm:

In general, add vegetables to your beans on the stove as they're starting to soften, but not all the way cooked so the flavors can meld. You can sauté vegetables with spices a bit before adding them to the pot. Below are some nice combinations. Get creative!

- Black beans with carrots, potatoes, chard, and a touch of hot pepper and cumin.
- Kidney beans with cubed squash, leeks, and kale or broccoli - add some fresh or canned tomatoes or a jar of sauce, and some cooked elbow pasta and you've got minestrone! Add cooked ground beef or turkey, omit the pasta, spice it up, and it's chili!
- Navy or cannellini beans with zucchini or yellow summer squash and wild or red rice.
- Red lentils (one of the few that you don't need to soak in advance) with sweet potato, spinach, and coconut milk.
- French or regular lentils with carrots, celery, dried apricot or cranberries.
- Split peas with carrots and/or sweet potato. Eat sausage or bacon? Add a little!

Did you know...

Some comfort foods of the world's top chefs are pretty simple; most of these ingredients can be found at Quabbin Harvest:

- **José Andrés - D.C. (also a humanitarian aid worker):** Huevos a la Cubana (fried eggs over rice with tomato sauce).
- **Nora Pouillon - D.C.:** Lentil or miso soup with tofu and vegetables.
- **Enrique Olvera - Mexico City and NY:** Chicken soup with mint, cilantro, carrots, zucchini, potatoes, avocado and lime, with tortillas on the side.
- **Brooke Williamson (Top Chef winner):** Sauté ground turkey, mushrooms, and carrots and add to tomato sauce for pasta.
- **Grant Achatz - Chicago:** Pasta with sautéed mushrooms and parmesan.
- **Ben Shewry, Australia:** Rice with a scrambled egg and scallion.

How to Cook Short Grain Brown Rice

Yield: Four 1-cup servings

Cost at Quabbin Harvest: .33 per serving

Combine 1.5 cups rice and 2 3/4 cups water in a pot with a tight fitting lid, bring to a boil, reduce heat to a simmer, cover and cook for 45 minutes. Remove from heat and keep covered for an additional 10 minutes. Fluff with a fork before serving.

Or cook like pasta - Bring 6 cups of water to a boil, stir in rice and cook uncovered for 30 minutes or until tender. Strain and return rice to the pot, cover and allow to sit off the heat for 10 minutes. Fluff with a fork before serving.

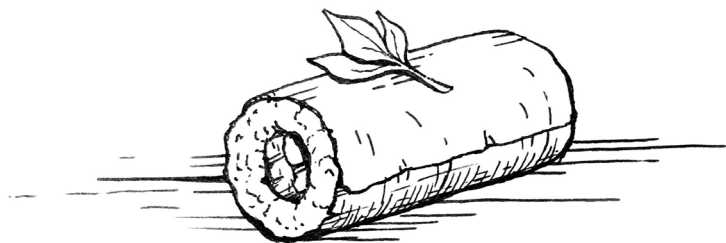
Brown rice is a whole grain so has more fiber and protein than white and better than eating white if you are facing type 2 diabetes. But experiment with brown or white basmati rice (lovely scent)- these will take less time to cook than the above.

And now you can make...

Fried Rice! By sautéing most any vegetable (try any combination of diced carrots, broccoli, kale, onions, parsnips, or mushrooms) in a wide shallow pan with fresh or powdered garlic and ginger, then folding in cooked rice and a scrambled egg or two.

Sushi! Roll your own in Nori seaweed (or a sandwich wrap) with any combination of thin pieces of avocado, radish, cucumber, carrots and even canned tuna. Use the ginger dressing on page 8 as a dipping sauce.

A Bowl: Top your rice with grated vegetables, sunflower seeds, lightly cooked tofu and/or cheese, and the tahini dressing on pg 5.



Beet Borscht

If you have only eaten canned beets, you may not realize how tasty they can be. They're a local vegetable available all winter and are great roasted too. You can even add to a chocolate cake recipe!

A classic dish is borscht, which an important cuisine of Ukraine, Poland, and Russia. This version includes other winter veggies too.

- 1 onion
- 2 stalks celery
- 2 carrots
- 2 medium potatoes
- 3 beets, sliced
- ½ head green cabbage sliced into shreds (optional)
- 2 T olive oil
- 4 cups of water (or vegetable broth) If you are using water, consider adding a can of crushed tomatoes to add flavor.
- 1 Tablespoon apple cider vinegar or lemon juice, to taste.
- 1 Tablespoon honey (optional, but balances the tart nicely.)
- A couple of bay leaves.
- ½ tsp of dill seed.
- salt and pepper to taste.
- Sour cream or yogurt for serving.

Instructions

Dice onion, celery and carrots then sauté in olive oil until onions are translucent. Add water or broth, plus all other ingredients and spices except potatoes and cabbage, and simmer for about 30 minutes. Then add potatoes and cabbage and cook for another 15 minutes or until everything is tender but not mushy. Ladle into bowls, top with sour cream or yogurt if desired.

Variations:

If you love ginger, use some! Other ideas include sweet potatoes instead of white potatoes, or even a parsnip or two. Borscht can be eaten warm or cool (nice in the summer). While this recipe is vegetarian, stew beef or lamb added in the early stages of cooking, or beef broth can be used if desired.

Carrots through the Winter

This beloved vegetable is vitamin-rich, and one that local farmers store and sell throughout the winter. They are so good raw and you may find yellow and purple ones too! Try this simple carrot soup, as well as a hummus dip for your crunchy carrots.

Quick Carrot Ginger (or Squash!) Soup

- 1 lb. carrots, organic best as no need to peel!
- One medium onion
- 2 cloves of garlic, minced
- 1 Tablespoon minced ginger or ginger powder.
- 3 tablespoons butter
- About a cup of milk or coconut milk

Chop carrots into large pieces and boil in about 2 cups of water until tender- keep the water. Meanwhile, in a skillet melt the butter and sauté the chopped onion, garlic and ginger. Blend half of the carrot mixture and their water with half of the onion mixture. You can add in a cup (or less) of milk while blending too.

If you don't have a blender, smoothie maker, or food processor to do this, you can mash it with a potato masher in a pot. Season with salt and pepper. Other optional spices to try include smoked paprika or curry. Follow this same recipe with a winter squash like butternut! Remember to remove the peel before or after cooking.

Other ideas for carrots:

- Add a half cup or more of grated carrots to your favorite basic muffin recipe
- Roast carrots- cut into inch chunks- by tossing with a bit of olive oil, salt and pepper placing on a cookie sheet and cooking at 400 degrees for about 20-30 minutes (turning once) or until tender and edges slightly browned.
- Then... blend a few roasted carrots with your hummus recipe on the next page. Or, drizzle on the tahini dressing on page 5 or toss carrots with a little orange juice and fresh parsley, mint, or cilantro and some nuts or pumpkin seeds for a great salad, cool or warm.

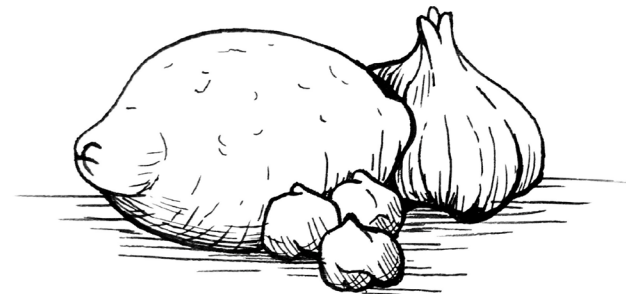
Hummus (not Humus - the rich layer in garden soil!)

Hummus is a staple in the Middle East and Mediterranean, and there are many variations of this high protein dip and sandwich spread. Nalini's Kitchen at Quabbin Harvest makes fabulous hummus with various flavors. You can also experiment with your own. Great mid-day, afterschool, or anytime snack served with crispy fresh vegetables like carrots, celery, radishes, crackers or bread.

- 1/3 cup tahini (sesame paste)
- 2-4 tablespoons cold water, or more
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon ground cumin
- 3/4 teaspoon fine sea salt
- 2 medium cloves garlic, peeled and smashed
- juice of 1 lemon (2-3 tablespoons)
- 1 (15 ounce) can chickpeas rinsed and drained or about 2 cups of your own cooked chickpeas.
- optional toppings: extra drizzle of olive oil, fresh chopped parsley, sprinkle of ground paprika, toasted pine nuts

Add tahini, cold water, olive oil, cumin, salt, garlic and lemon juice to a food processor. Puree until smooth. Add in the chickpeas. Puree for 3-4 minutes, pausing halfway to scrape down the sides of the bowl, until the hummus is smooth. If it seems too thick, add in another tablespoon or two of water. Taste and season with additional salt, cumin, and/or lemon juice if needed.

Serve immediately garnished with desired toppings, or refrigerate.



Chai Spiced Apple Crisp (about 6 servings)

You have been eating so many great vegetables, now try this cozy favorite. It calls for only cinnamon, but you can turn it into a 'chai-spiced' apple crisp with some additional spices.

4 1/2 cups peeled, cored and sliced apples
2 teaspoons lemon juice
2 tablespoons water
1/2 cup honey
1 teaspoon ground cinnamon or... spice it up! 1/2 tsp each ground cinnamon, cardamom, and ginger.
Topping:
1/2 cup brown sugar
3/4 cup all-purpose flour
3/4 cup rolled oats

Preheat oven to 350 degrees. Lightly grease a medium casserole dish. Evenly spread the apple slices in the prepared dish. In a small bowl, mix the lemon juice and water, and pour over the apples. Drizzle apples with honey, and sprinkle with cinnamon or other spice mix. In a bowl, mix the brown sugar, flour, oats, and butter until the mixture resembles coarse crumbs. Sprinkle over the apples. Bake 25 minutes in the preheated oven, until apples are tender and topping is lightly browned. Top with ice cream for dessert, or a dollop of yogurt for anytime!

"When you prepare a meal with artful awareness, it's delicious and healthy. You have put your mindfulness, love, and care into the meal, then people will be eating your love."

Thich Nhat Hanh, Buddhist monk and teacher

DIG THIS! A GARDENING IDEA

Growing sprouts to eat is a great way to watch and enjoy something living during the winter months. Raw sprouts from alfalfa, mung beans, and other seeds are nutritious and delicious to add to salads, sandwiches, or just munch on. It is important to get seeds from a trusted source to be sure they are bacteria-tested. *Johnny's Selected Seeds* and *Sproutpeople.org* are two, and also have lots of information on how to grow sprouts well and safely. Sprouts may be grown in a clean, wide-mouth glass canning jar (typically 1 qt. or 1/2 gal.)

The following instructions are for sprouting in a glass jar:

- Add seeds to jar. For alfalfa sprouts, use one Tablespoon. For mung beans, 1/4 cup.
- Cover the mouth of the jar with cheesecloth or other porous material. There are also lids for ball jars one can buy just for sprouting. Secure the cloth with a rubber band. Fill the jar 1/2 full with lukewarm water and soak overnight.
- In the morning, drain off water. The cloth will keep the seeds in the jar. Rinse seeds with lukewarm water again and let drain.
- Put the container on its side in a dark location that stays about 60–70°F. Shake a bit so seeds spread out.
- Twice each day, rinse with lukewarm water and drain. Continue rinse cycle until harvest.
- Alfalfa sprouts take about 3-5 days, mung beans a little longer. When sprouts have their first tiny green leaves, expose them to light for a few hours to color them up. Enjoy!
- Sprouts can be stored in the refrigerator for several days. While this does not produce a nice little sprout seedling to eat, many people also sprout nuts and grains for a day or two, to make them more digestible before eating or cooking.

See this sheet for a chart of seeds to sprout, quantity, and sprouting times:
<https://www.johnnyseeds.com/growers-library/vegetables/sprouts-growing-instructions.html>

TRY THIS GOOD FOOD LEARNING ACTIVITY

Seed catalogues are such great sources of information! While most are available online, sitting with a catalogue on a snowy winter day is a great way to learn about plant varieties, starting, and growing tips. Contact seed companies and request one sent to you. Some of our favorite non-GMO seed sources include: *Fedco*, a cooperative company, and *Johnny's Selected Seeds*; both based in Maine. Johnny's has ample how-to info online too! We love *Hudson Valley Seeds* for their beautiful art packs and *Seeds of Italy* for their generous packets and great greens. Use your seed catalogues to list some things you would like to grow and plan a garden. Once you are done with the catalogues, make collages or greeting cards using the beautiful photos within!

Even in a small space, you can plan a garden that takes advantage of using all three seasons and vertical space. Seeds of Solidarity has a guide to Creating Raised Bed Gardens on our website ([link below](#)) that can help you decide what types of things to grow. Remember, there are wonderful local farmers who also sell seedlings so you don't have to start everything from seed. How much diversity and food can be produced from a raised bed, mixed vegetable/flower garden? Here is an example of what we often plant and harvest over the seasons from one 4'x8'x16" deep raised bed filled with a 50/50 mix of clean topsoil and rich compost:

- Three or four square foot patches of lettuce, arugula, spinach, baby carrots, radishes, beet greens or pea greens (low growing and best in the front of the bed- Plant in spring, then again at end of summer once other plants begin to fade away)
- Three or four large, leafy greens plants such as kale and chard—harvest outer leaves and enjoy through the season- can grow to shade salad greens.
- Three or four peppers (bell or hot) and/or eggplants.
- One or two herbs such as parsley, cilantro or basil.
- Onions or leeks close to the sides.
- One or two tomatoes (in back of bed)
- A teepee (made of 3-4 poles tied together at the top) with a circle of snap peas in the early spring, then replaced by pole beans for the summer.
- Two cucumber plants to trellis over the front or back corners or along the bed edges.
- A nasturtium trailing over the front edge, or calendula in a corner for color, pollinator attraction and edible flowers.

<https://seedsofsolidarity.files.wordpress.com/2014/11/creating-raised-bed-gardens.pdf>



The cycles of the seasons go ‘round again!

It is our greatest hope that this guide has brought you nourishment, inspiration, and connections with loved ones and the natural world.

YOUR NOTES AND IDEAS HERE

Write questions, new recipes you tried or want to, or any other experiences you want to remember here:

In this booklet, we speak a lot about local food. The bigger picture is food sovereignty.

“Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. It puts the aspirations and needs of those who produce, distribute and consume food at the heart of food systems and policies rather than the demands of markets and corporations.”
– Declaration of Nyéléni, the first global forum on food sovereignty, Mali, 2007

FOOD SOVEREIGNTY is a movement growing from the bottom up, from the farmers, fishers, indigenous peoples and landless workers most impacted by global hunger and poverty, and first framed by the international movement LaViaCampesina.org at the World Food Summit in 1996. Food sovereignty is based on the following principles:

Focuses on Food for People: Food sovereignty puts the right to sufficient, healthy and culturally appropriate food for all at the center of food, agriculture, livestock and fisheries policies.

Values Food Providers: Food sovereignty values all those who grow, harvest and process food, including women, family farmers, herders, fisher-people, forest dwellers, indigenous peoples, and agricultural, migrant and fisheries workers.

Localizes Food Systems: Food sovereignty brings food providers and consumers closer together so they can make joint decisions on food issues that benefit and protect all.

Puts Control Locally: Food sovereignty respects the right of food providers to have control over their land, seeds and water and rejects the privatization of natural resources.

Builds Knowledge and Skills: Food sovereignty values the sharing of local knowledge and skills that have been passed down over generations for sustainable food production free from technologies that undermine health and well-being.

Works with Nature: Food sovereignty focuses on production and harvesting methods that maximize the contribution of ecosystems, avoid costly and toxic inputs and improve the resiliency of local food systems in the face of climate change.

When you support local coops and small farms over corporations; prepare and grow your own food; exercise power as informed consumer; and reclaim your cultural food traditions and right to health through nourishing food, you become part of a local and global movement for food sovereignty!